

Sports



Photos by Randy Murray

Easy Rider, a professional Frisbee-catching show dog, catches a Frisbee in the air after launching himself off his master and trainer, Lawrence Frederick. The large crowd drawn to each of the K9 shows consisted mostly of children, who took great pleasure in watching the dogs perform.

Entertainment goes airborne

Randy Murray
Public Affairs Specialist

One of the crowd favorites during Soldier-Family Appreciation Day, July 4 was the BMX Bike Show, located on Walker Field, directly across from Winn Army Community Hospital. Some spectators possibly thought the shows' proximity to the hospital was no accident as they watched cyclists Keith Schmidt, Ron Thomas and Vinnie Vasquez and skateboarder Chris Dzima soar high in the air, sometimes upside down.

According to show spokesman and Team Soil owner, Ryan Brennan, each of his BMX riders and skateboarder has over 10 years experience, experience that includes several injuries, especially broken bones. With himself as show narrator and two female show models, Brennan's three professional BMX cyclists and one professional skateboarder wowed the crowds with their acrobatic stunts to background tunes fittingly provided by the Grateful Dead; that is, until a sound system failure sent Jerry Garcia into a dead zone. Until a replacement system arrived, spectators provided their own background noise, mostly oooooos and aaaaaas.

Wearing Team Soil t-shirts and safety helmets, the professional performers launched their bikes or skateboard from two opposing ramps – one a double-sided ramp (jump box) with large staging platform, the other a massive 10-foot tall, quarter-inch pipe ramp.

The BMX riders would build momentum as they zipped

down the taller ramp so that when they zoomed up the next ramp, they could flip their bike upside down, ride side-saddle or seemingly run along side their bike – all while hovering in the air. Skateboarder Dzima would often silhouette himself against the sky, high above the jump box, giving the appearance he was surfing on a wave of air. The 30-minute show was a non-stop crowd pleaser.

Another crowd pleaser during the Soldier-Family Appreciation Day was the Disconnected K9's Frisbee Dog Show. Show owner Lawrence Frederick said he's been performing with Frisbees for 39 years and has included dogs in his show for 17 years. He told the crowd, which consisted mostly children, that all of his dogs were rescued from animal shelter or adopted from abusive homes. Frederick with his wife, Jodi, and team members Jim Thomas and Michelle Breza have entertained audiences all over the United States and a half dozen foreign countries.

The Frisbee, a round, plastic plate first made by Wham-O in the late 1950's has long been a popular toy with both children and adults. Describing himself as the oldest Frisbee champion in the world, he told spectators that several of his dogs have also won numerous K9 Frisbee championships. A few of his show dogs performed for Soldiers and Family members, including Flash, Lucky, Harley Davidson and Easy Rider.

As part of the show, Frederick asked three volunteer children to participate in an act in which the three sat side-by-side on their hands and knees while Frederick leaned over

them slightly, allowing 2007 World Finalist Harley Davidson to use their human pyramid as a launch platform to catch a Frisbee tossed by Frederick. For their part in the show, Frederick gave each of the children a "jawtagraphed" Frisbee, which included the Harley's bite mark "signature."

In addition to the high flying exploits of the BMX and Frisbee dog show, the July 4th celebration also included a Soldier Family Appreciation Day Golf Tournament held at Taylors Creek Golf Course.

The 18-hole scramble was open to 25 teams with prizes for the top three, as well as closest to pin, and a new category demonstrating ball control, closest to the line.

The first place team, with a score of 59, was Max Brown, Bart Knoch, Sean Strate, and Travis Mobley. The first place team edged out the second place team of Paul Confer, Phil Partridge, Matt Chipman, and Steve Clouse, who also scored 59. The two scores were compared with performances at the 18th hole and worked backward to compare best scores, until one was eliminated. The third place team of Kevin McLaughlin, Willie Johnson, Mac Dennison and Bill Davis scored 61.

Closest to pin on hole-2 was Mark Grinstead, with Adam Krause earning closest to Line at hole 18.

By late afternoon, the summer time activities started to cool off and Soldier Family Day activities participants could be seen moving to Donovan field, for food, beverages, concerts and a fireworks display, described by many as the best they've ever seen.



Professional BMX Bike Show rider Ron Thomas flips his bike backward after launching his bike high in the air off the "jump box" ramp. Thomas and other professional BMX riders and a professional skateboarder performed during Soldier-Family Appreciation Day, July 4.

Professional skateboarder Chris Dzima appears to be surfing on air at tree top level as part of the BMX Bike Show during Soldier-Family Appreciation Day, July 4.



Fourth of July observed in Iraq

Special to the Frontline

Soldiers of the 603rd Aviation held a battalion "fun" day, July 4 at the North Morale Welfare and Recreation Center on Camp Striker.

Among the day's activities, Soldiers listened to music performed by the 10th Mountain Band. They were also able to

play football, volleyball, basketball, and more.

Although the Soldier's were unable to be home for the nation's Independence Day celebration, they were able to relax a little with their brothers and sisters in arms, knowing they help maintain this nation's independence while helping another nation secure their own liberties.

Pfc. Monica K. Smith

Right: Sgt. Ian Schmidt, lead guitarist for the 10th Mountain band sings during the 603rd Aviation Support Battalion "fun day," July 4 at the North Morale Welfare and Recreation Center on Camp Striker.

Below: Soldiers in 603rd Aviation Support Battalion play a game of football during a battalion "fun day," July 4 at the North Morale Welfare and Recreation Center on Camp Striker.



Pfc. Monica K. Smith

Above: Soldiers in 603rd Aviation Support Battalion play a game of two-on-two basketball during a battalion "fun day," July 4 at the North Morale Welfare and Recreation Center on Camp Striker.



Spc. Amanda McBride

Approximately 40 Soldiers from 3rd Infantry Division's 4th Brigade Combat Team and 2nd Brigade Combat Team participate in the 4 on the 4th Run on FOB Kalsu, July 4. Teams of four ran around the perimeter of the FOB; the first complete team of four passing the finish line won the race.

Jake's Body Shop

TV linked to lack of fitness

Jake Battle
DMWR Fitness Coordinator

After testing nearly 9,000 people, a recent study shows that frequent TV watchers are 50 percent more likely to be unfit than those who are infrequent viewers.

According to Larry Tucker at Brigham Young University, the more we watch television the less likely we are to be fit.

The participants from 75 companies nationwide underwent a test to measure physical fitness and a skin fold test to measure body fat. Their fitness levels were then compared with reported levels of television



viewing, ranging from frequent (more than four hours a day) to infrequent (less than one hour a day).

As television viewing increased, the share of physically fit adults decreased significantly, from 19 percent to 9.5 percent. Frequent television watchers showed the lowest level of fitness, followed by moderately frequent watchers, men moderate viewers, and last, infrequent TV watchers.

Compared with infrequent TV viewers, the number of physically fit adults was 27 percent lower among moderately frequent viewers, and 50 percent lower among frequent television viewers.

This study found that frequent television viewers are most often male, more likely to smoke, more obese, more seden-

tary and work fewer hours than those who viewed less television.

In earlier studies, Tucker found a similar relationship between television viewing and physical fitness in teenagers as well as a strong link between TV watching and obesity in men.

As television viewing time increases, physical activity tends to decrease. As physical activity declines, physical fitness tends to decline. As physical fitness declines, attraction to passive recreation such as watching television tends to increase.

The meaning of the research is clear to Tucker. "If a causal relationship exists between TV viewing and fitness, most adults—especially those in poor physical condition—should reduce the time spent watching television," he said.

"We can't ignore the potential effect of television on the lifestyles and well-being of adults. Since physical fitness is closely linked with cardiovascular mortality, and television viewing is highly related to fitness, then maybe too much TV is a health risk," he added.

With the growth of cable television systems and networks and home video recordings, television viewing is likely to reach new heights in future years, Tucker predicts. "It's time to increase our efforts toward educating the public on the potential hazards associated with excessive TV viewing," he warned.

Local teen lifts herself up



Kelly Minton
Summer Hire

Kayla Rand is a 16-year-old summer hire who is doing great things. In addition to being a life guard at the Corkan pool, she is a power lifting champion.

She won second place in the nationals for her efforts in the clean and jerk categories of powerlifting.

Her interest in

weightlifting started when she was lifting for volleyball season. Once her coach realized her talent in lifting, she competed in other events and made it to nationals. The nationals were held at Disney World in June.

Rand said she can snatch 60 kilos (132 lbs), and clean and jerk 80 kilos (176 lbs).

She said she hopes to go to nationals again next year.

Courtesy photo

Kayla Rand, Fort Stewart Family member, took 2nd in powerlifting at the nationals in Orlando, Fla.



Rangers become midget league champs

Jill Peterson

Front Row: Miles Peterson, Devin Morin, Lauren Nelson, Garret Dewitt, Rebecca Nelson, and Camran Jefferson. Back Row: Assistant Coach Anna Nelson, Michael Adgie, Spencer Asher, Nhalia Denis, Taylor Goodwyn, Adonus Lee, Andre Lee, Stacey Kaiser, and Head Coach Allen Nelson

The Rangers finished 13-1, going undefeated during the regular season. Their only loss came at the hands of the Padres in their second game of the double elimination tournament. The Rangers then went 3-0 in elimination games, beating the Reds (14-8) and the Padres twice (11-4, 9-6) in order to win the championship, June 27.